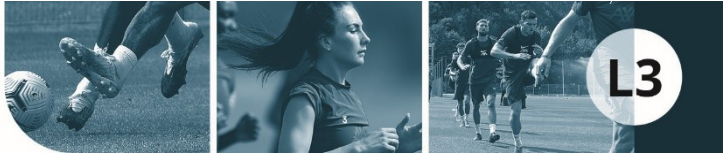
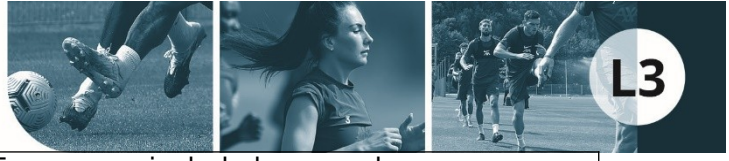


BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 15: Developing Coaching Skills**
Learning aims	B: Prepare sport and activity sessions C: Explore and develop assistant coaching skills
Assignment title	Let's get coaching!
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	Your application for the advertised assistant coach position was successful and they have offered you the position to start immediately. The club are taking part in a multi-sport event and you have been asked to support the coach in delivering a series of varied sessions where you must first plan and prepare the area before demonstrating your ability to utilise high level assistant coaching skills.

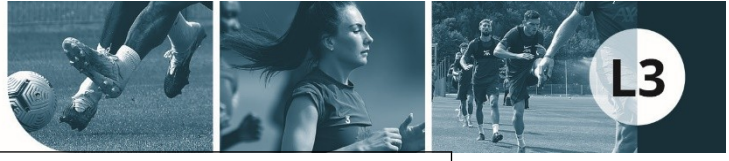
Task 1	You sit down with the lead coach and discuss the expectations for the sessions. The coach asks you to go away and produce your plans in order to ensure the activities delivered are of a high standard and prepared fully. Firstly, you need to plan for three different sporting activities. You should ensure that your plans review the participant and group needs and include all relevant information to inform session delivery. Your plans should be comprehensive and include activities that will meet the needs of all group participants. Highlight within the plan and key aspects that you deliver as the assistant coach or where you may offer delivery to a small group or possible one-to-one situations. When planning, ensure you include: • Participant and group needs: age, gender, ability, levels of fitness, medical history, welfare needs, any disabilities and religious considerations. • Key information to inform session delivery: aims and objectives, SMART targets, activities including clear timings, resources/equipment requirements, differentiation, coaching methods, how you will build social rapport, inclusion, contingency planning and opportunities to refer participants. Once planned, you are required to provide a rationale



	to your planning. Ensure you include how you have considered the different theories of coaching and learning to ensure the participants' needs are met and that they are provided with a quality experience. Ensure you include: • Leadership styles • Coaching and learning theories • Methods to assess progress • Classification of practice to improve skills and techniques. You should also provide information as to how you intend to prepare for the sessions, showing due consideration to: • the environment • the equipment and • the participants.
Task 2	Once fully planned, you work with the lead coach to deliver these session. As you are delivering you should ensure that key evidence is gained. • Provide records of your preparation – how did you prepare and why did you prepare your area and equipment in this way. • Demonstrate your delivery as well as your skill and ability as an assistant coach. You should provide visual evidence for this – ideally this should be video evidence. • Demonstrate a secure awareness of the theories of coaching and learning. You should support this with a written document to clearly show your understanding and where this was utilised in the visual evidence. • Ask your assessor or other adults to provide you with records of activity to support your evidence.

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
B.P3	Plan for activity sessions.
B.P4	Prepare facilities and equipment applying guidelines and regulations consistently.
C.P5	Demonstrate competent assistant coaching skills, in delivering sport and activity sessions
C.P6	Apply basic theories of learning and coaching
B.M2	Demonstrate effective preparation for sport and activity sessions with detailed consideration of participants needs.
C.M3	Apply assistant coaching skills and theories of learning and coaching effectively in delivering sport and activity sessions.
BC.D2	Accomplished planning and preparation for sport and activity sessions with a secure application of skills, in delivering sport and activity sessions with a secure awareness of theories of learning and coaching.

Checklist of evidence required	✓ Three session plans (different activities) ✓ Rationale of planning ✓ Preparation planning ✓ Records of preparation ✓ Any additional written supporting documents ✓ Video evidence ✓ Record of practical activity (provided by your assessor)
Other assessment	



materials attached to this brief	

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